

WHAT IS CLAIMED IS:

1. A method of securely transferring a file from a first client to a second client comprising issuing instructions from said first client to a server for transferring a file from said server to said second client, wherein said first client issues said instructions via a website for accessing said server.
2. The method according to claim 1, wherein prior to issuing said instructions, said method includes issuing initial instructions for uploading said file from said first client to said server and wherein upon said first client initially accessing said website, first embedded client software for uploading said file is automatically downloaded to said first client.
3. The method according to claim 2, wherein said initial instructions are issued if said file does not exist on said server.
4. The method according to claim 1, further comprising issuing second instructions to for notifying said second client that said file is available for downloading from said server.
5. The method according to claim 4, wherein said second instructions are forwarded to said server via a third client.
6. The method according to claim 5, wherein said third client comprises any one of a desktop computer, a laptop computer, a phone, and a wireless device.
7. The method according to claim 4, wherein said notifying comprises at least one of a visual indicator, a audio indicator, and/or an email message.
8. The method according to claim 4, further comprising downloading said file to said second client.
9. The method according to claim 8, further comprising automatically downloading

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second embedded client software upon said second client initially accessing said website.

10. The method according to claim 1, further comprising issuing second instructions for transferring said file to a second server.
11. The method according to claim 1, wherein either or both of said first client and said second client comprises a computer.
12. The method according to claim 1, wherein prior to issuing said instructions, said first client registers with said server website creating a first account for said first client.
13. The method according to claim 9, wherein prior to said second client initially accessing said website, said second client registers with said website creating a second account for said second client.
14. The method according to claim 2, wherein said first client specifies a default file transfer interface.
15. The method according to claim 14, wherein said default file transfer interface comprises a network-based interface.
16. The method according to claim 14, wherein said default file transfer interface comprises a resident interface of said first client software.
17. The method according to claim 13, wherein said second client specifies a default file transfer interface.
18. The method according to claim 17, wherein said default file transfer interface comprises a network-based interface.
19. The method according to claim 17, wherein said default file transfer interface comprises a resident interface of said second client software.

20. The method according to claim 19, wherein said second client software monitors the status of said second account to determine if a file is available for downloading from said server.
21. The method according to claim 20, wherein said second client software indicates that a file is available for transfer to said second client from said server.
22. The method according to claim 21, wherein said second client software indicates by at least one of a visual indicator, an audio indicator, a vibratory indicator, and/or an email message.
23. The method according to claim 2, wherein said first client software includes file compression, archiving and/or packaging utilities.
24. The method according to claim 9, wherein said second client software includes file decompression, restoring and/or installing utilities.
25. The method according to claim 1, wherein communications between said first client and said server and/or between said second client and said server and/or between said server and a second server are encrypted.
26. The method according to claim 1, wherein software resident in said server logs said issued instructions for transferring said file into a database.
27. The method according to claim 1, wherein said file is transferred from said first client to said server and/or from said server to said second client and/or from said server to a second server via TCP/IP protocol.
28. The method according to claim 22, wherein said email message includes a first link to a webpage of said server.
29. The method according to claim 28, wherein said webpage includes a second link to a second webpage for downloading said file.

30. The method according to claim 28, wherein said second webpage includes a return link for uploading said downloaded file to said server.
31. The method according to claim 28, wherein said second webpage includes a return link for returning said downloaded file to said first client.
32. The method according to claim 1, wherein software resident on said server tracks said file transfer.
33. The method according to claim 26, wherein said database includes at least one of account information, file package information, second client addresses, server site information, server list information, upload information and download information.
34. The method according to claim 26, wherein said first client may display and/or query said database for information related to specific file transfers.
35. The method according to claim 26, wherein information related to file transfers are recorded and stored in said database via a file identification of said file.
36. The method according to claim 35, wherein said file identification comprises at least one of a first client identification, a second client identification, file package information, a server site identification, and a download identification.
37. The method according to claim 2, wherein uploading said file may be interrupted and resumed.
38. The method according to claim 8, wherein downloading said file may be interrupted and resumed.
39. The method according claim 8, wherein downloading said file from said server may be interrupted, and wherein resumption of downloading said file may be carried out on a second server.

40. A method of transferring a file from a first client to a second client comprising:

issuing first instructions from said first client to register an account with a server via a website for transferring a file said second client, wherein said first client includes a web browser for accessing said website;

issuing second instructions for uploading said file to said server via said website and wherein upon said first client initially accessing said website, embedded client software for uploading said file is automatically downloaded to said first client;

notifying said second client that said file is available for downloading from said website;

connecting said second client to said server via said website for downloading said file, wherein said second client includes a web browser for accessing said website; and

downloading said file.

41. The method according to claim 40, wherein subsequent access to said server by said first client is through an interface of said client software.
42. The method according to claim 40, wherein upon said second client initially accessing said website, embedded second client software for downloading said file is automatically downloaded to said second client.
43. The method according to claim 42, wherein subsequent access to said server by said second client is through an interface of said second client software.
44. Computer readable media having stored thereon a data structure comprising:

a first field comprising data representing account information of a client;

a second field comprising data representing package information regarding a file for transfer;

a third field comprising address information for an address to transfer a file;

a fourth field comprising a server site;

a fifth field comprising a server list; and

a sixth field comprising download and/or upload information of a file.

45. A graphical user interface for a first client computer system having a selection device, said graphical user interface comprising:

a user login component for logging a client onto a website for a server;

a client browsing component for browsing the internet;

a file transfer component for forwarding a file to a second client;

a tracking component for retrieving tracking information for tracking said file forwarded to said second client;

an address book component storing and retrieving an address of said second client; and

an account information component for retrieving account information related to said first client and/or said second client.

46. A system for performing a method of transferring a file from a first client to a second client comprising:

a server accessible over the internet via a website, said server including communication means for communicating data with a client over the internet

a first client for instructing said server to forward a file to a destination address;

a second client having said destination address, wherein:

said first client issues first instructions for registering an account with said server via said website for transferring a file to said destination address of said second client, wherein said first client includes a web browser for accessing said website;

said first client issues second instructions for uploading said file to said server via said website and wherein upon said first client initially accessing said website, embedded client software stored on said server operational for a client to upload said file is automatically downloaded to said first client; and

said first client uploads said file to said server;

notifying means for notifying said second client that said file is available for downloading from said server, wherein:

said second client issues third instructions to said server via said website for downloading said file, wherein said second client includes a web browser for accessing said website; and

said second client downloads said file.

47. The system according to claim 46, wherein upon said second client initially accessing said website, client software stored on said server operational for a client to download said file is automatically downloaded to said second client.
48. Computer readable media having computer-executable instructions for performing a method comprising:

issuing first instructions from said first client to register an account with a server via a website for transferring a file to said second client, wherein said first client includes a web browser for accessing said website;

issuing second instructions for uploading said file to said server via said website and wherein upon said first client initially accessing said website, client software for uploading said file is automatically downloaded to said first client;

notifying said second client that said file is available for downloading from said web site;

issuing third instructions from said second client for downloading said file, wherein said second client includes a web browser for accessing said website; and

downloading said file.

49. The computer readable media according to claim 48, wherein upon said second client initially accessing said website, client software for downloading said file is automatically downloaded to said second client.